

**U14 Eastern Division Speed Camp
Attitash Mountain Resort
January 30, 2026**



We are excited to have you join us for the U14 Eastern Division Speed Camp at Attitash! We have a full day of speed elements and training planned for you. Please come prepared with sharp SG/GS skis, GS suit, back protector, GS/SG poles, and be ready to learn and go fast! Please see our schedule listed below.

Venue: Illusion

8:30 - Registration opens in Attitash Race Team Building
8:45 - Coaches Meeting, distribution of timing chips
8:45 - Athlete meeting
9:00 - Lift load on Flying Bear
9:15 - Free ski of the hill
9:30 - Sectioned Super G elements
11:30 - Lunch
12:15 - Athletes load Flying Bear for full length inspection
12:45 - Training Runs begin
2:30 - Final athlete on course, slip of hill
3:00 - Group wrap up at bottom of Illusion